

# Food and Nutrition

## NUTRITION OPTION

Teach people how to stay healthy by eating right.

**THIS MAJOR IS A GOOD FIT**  
IF YOU CAN SEE YOURSELF:

PLANNING healthy menus

WORKING WITH PEOPLE and using strong communication skills

STAYING UP-TO-DATE with research about food and nutrition

This major teaches you how foods affect the body. You'll learn how fats, proteins, and carbohydrates help the body thrive. Gain an understanding of how vitamins and minerals are essential to the body's biochemical processes and how diet and dietary supplements affect biological functions. Find out how to calculate caloric needs and plan healthy menus.

### INSIDE THE CLASSROOM

In class, learn the anatomy and physiology of the human body. Study how the process of digestion turns food into nutrients that can be absorbed by the blood stream. Explore how different foods affect the blood, and the role microscopic organisms play in breaking down food in our stomachs and intestines. Learn how blood can be used to monitor lipids, protein, glucose, and electrolytes.

### OUTSIDE THE CLASSROOM

**INTERN.** Get practical experiences like these: **HEALTH DEPARTMENT** Provide nutritional education and one-on-one guidance to clients of a program for mothers with infants and children . . . **UNIVERSITY EXTENSION OFFICE** Help low-income families plan nutritious meals on a budget . . . **CHILD NUTRITION PROGRAM** Visit child care centers and schools to educate care givers and plan healthy snacks.

**STUDY ABROAD.** Deepen your understanding of your major—and the world—in countries like these: **INDIA** Visit a spice market and explore the healing properties of curry . . . **TAIWAN** Visit a night market and sample traditional cuisine like fish eyeball soup . . . **MEXICO** Enjoy the exotic flavor of mole and the offerings of traditional food vendors.

**DO RESEARCH.** Gather, organize, and analyze information for a faculty member's grant-funded research. Observe meal times at a child care center for a study on feeding young children in group settings. Evaluate the results of a food safety education program. Enter nutritional data into a computer program for a sports nutrition project.

**VOLUNTEER.** Give back and gain experience. Work a booth at the student health fair. Deliver meals on wheels. Visit schools to talk to students about nutrition. Grow vegetables on campus at the organic farm. Deliver produce to the food bank.

### FASTFACT

**The nutrition option is an excellent foundation for an advanced degree in health care.**

**GET INVOLVED.** Network and have fun. **FOOD AND NUTRITION CLUB** Travel to local and national conferences and participate in nutrition-related activities . . . **FAMILY AND CONSUMER SCIENCES CLUB** Attend an annual state conference and meet professionals in the field . . . **PHI Upsilon Omicron** Join the national honor society; receive opportunities for scholarships and professional development.

### CAREER OPPORTUNITIES

While most nutrition graduates go on to medical or nursing schools or to graduate school in a healthcare field, some pursue nutrition-related employment in their communities.

Here are a few possibilities:

**NUTRITION ADVISOR.** Work one-on-one with families and individuals to provide nutrition information and plan healthy meals.

**NUTRITION EDUCATOR.** Coordinate and develop individual and group nutrition education programs for a school or public health organization.

**RESEARCH ASSISTANT.** Provide assistance collecting data for studies about diet and health including obesity, osteoporosis, and cancer.

**COMBINE YOUR EDUCATION.** A second language can broaden your career prospects. You may also supplement your education with courses in communications.

**CONTINUE YOUR EDUCATION.** Earn an advanced degree in nutrition, counseling, physical therapy, nursing, or public health. Go to medical school.

FIND OUT MORE ABOUT THE UNIVERSITY OF IDAHO FOOD AND NUTRITION MAJOR

[WWW.CALS.UIDAHO.EDU/FCS](http://WWW.CALS.UIDAHO.EDU/FCS)

	FRESHMAN	SOPHOMORE	JUNIOR	SENIOR	
<b>FALL</b>	<b>Chem 111</b> Principles of Chemistry I 4	<b>Biol 120</b> Human Anatomy 4	<b>Chem 277/278</b> Organic Chemistry I/Lab 4	<b>FCS 361</b> Advanced Nutrition 3	
	<b>CORE 103-149</b> Core Discovery Course 4	<b>FCS 105</b> Individual & Family Development 3	<b>FCS 305</b> Nutrition Related to Fitness & Sports 3	<b>Stat 251</b> Statistical Methods 3	
	<b>Engl 101</b> Intro. to College Writing 3	<b>FCS 170</b> Food: Science & Practice 3	<b>FCS 462</b> Eating Disorders (web course) 2	<b>Electives</b> Electives—Upper-division Family & Consumer Sciences 2	
	<b>FCS 205</b> Concepts in Human Nutrition 3	<b>Phys 111</b> General Physics I 4	<b>MABB 300</b> Survey of Biochemistry 3	<b>Electives</b> Electives—General Upper-division 6	
	<b>Math 143</b> Pre-Calculus Algebra & Analytic Geometry 3	<b>Elective</b> Elective—Humanities 3	<b>Electives</b> Electives—Family & Consumer Sciences 3		
<b>TOTAL</b>	<b>17</b>	<b>TOTAL</b>	<b>17</b>	<b>TOTAL</b>	<b>14</b>
<b>SPRING</b>	<b>Biol 115</b> Cells & the Evolution of Life 4	<b>Biology 116</b> Organisms & Environment 3	<b>Chem 372/376</b> Organic Chemistry II/Lab 5	<b>FCS 362</b> Intro. to Clinical Dietetics 4	
	<b>Chem 112</b> Principles of Chemistry II 5	<b>Biology 121</b> Human Physiology 4	<b>FCS 435</b> Feeding Young Children in Group Settings 1	<b>FCS 411</b> Global Nutrition 2	
	<b>Comm</b> Elective—Communications 2-3	<b>FCS 270</b> Intermediate Foods 3	<b>MABB 154/155</b> Introductory Microbiology/Lab 4	<b>Electives</b> Electives—Upper-division Family & Consumer Sciences 3	
	<b>CORE 153-199</b> Core Discovery Course 3	<b>Phys 112</b> General Physics II 4	<b>Electives</b> Electives—Upper-division Family & Consumer Sciences 4	<b>Electives</b> Electives—General Upper-division 5	
	<b>Engl 102</b> College Writing & Rhetoric 3	<b>Elective</b> Elective—Social Science 3	<b>Elective</b> Elective—Social Science 3		
<b>TOTAL</b>	<b>17-18</b>	<b>TOTAL</b>	<b>17</b>	<b>TOTAL</b>	<b>14</b>

Total for degree = 128 credits. Course offerings may change from year to year. Always check the current course catalog.

TO LEARN MORE  
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*"I was shopping around for a major other than chemistry or biology that would reflect my interest in health and include most of my premedical course work. The connection between nutrition and preventive medicine resonated, and I've been a nutrition major ever since."*

ERIKA KINZER, *nutrition option*